



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

July 2023 Issue 151

Support Groups (RSVP)

Metastatic Breast Cancer Group

Offered in partnership with Mercy Health
Wednesday, July 5th
6:00 - 7:30 pm (Zoom option)

Young Cancer Survivors

For those in their 20s, 30s, and 40s
Offered in partnership with Mercy Health
TVC@PERRYSBURG
Thursday, July 6th
6:00 - 7:30 pm (Zoom Option)

Children's Art Therapy Group

For children & grandchildren,
ages 6-12, of cancer patients/survivors
Wednesday, July 12th
6:00 - 7:30 pm

General Cancer Support Group

For all cancer types
Wednesday, July 12th & 26th
6:00 - 7:30 pm (Zoom option)

Blood Cancer Support Group

In Partnership with: **L & L Society**
Monday, July 10th
6:00 - 7:30 pm

Men's Cancer Support Group

Wednesday, July 19th
6:00 - 7:30 pm

Breast Cancer Support Group

Funded by **The Breast Cancer Fund of OH**
Tuesday, July 11th & 25th
6:00 - 7:30 pm

Caregiver & Family Member Support Group

Tuesday, July 25th
6:00 - 7:30 pm

SAVE THE DATE:

The Victory Center and Baskets of Care Presents...

Intimacy & Cancer

A Frank Discussion of Sexuality for Women Survivors

Weds

Aug 30th

6-8:00pm

TVC ART THERAPY

WITH KAYT HARDEN, MA, LPC, ATR-P

Painting & Basic Embroidery Thursday, July 6th 3:00pm - 5:00pm

**TVC@Perrysburg
Friday, July 7th
10:00am - 12:00pm**

Embroidery has been found to help cultivate mindfulness, reduce feelings of stress, and relieve feelings of tension. In this group we will be painting on raw/unprimed canvas to create a sunset skyscape in the clouds with your choice of watercolor or acrylic paint. Using an embroidery hoop, and embroidery supplies, group members will be taught a basic French knot embroidery stitch to add clouds onto the canvas if desired. RSVP



Open Art Studio Thursday, July 13th 5:00pm - 7:00pm

Participants choose any art medium and work at their own pace. Bring a project from home or use this opportunity to start something new! RSVP



A farewell to Areka...

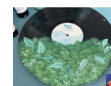
Areka Foster has been with The Victory Center for nearly 10 years, sharing and teaching the healing power of art. Areka has impacted the lives of hundreds at TVC through her Art Therapy programs and her warm spirit. She has been an integral part of the TVC community. As she moves on to her next adventure we wish her success and happiness. She will be dearly missed. The TVC Staff thanks Areka for her service & dedication.

Join us at TVC Toledo June 30th at 12pm to celebrate Areka and say goodbye!

Painting on Vinyl Records Thursday, July 20th 3:00pm - 5:00pm

**TVC@Perrysburg
Friday, July 21st
10:00am - 12:00pm**

Liven up your painting craft by painting on a new surface & explore paint on new textures. Thanks to a donation of several vinyl records, we have that opportunity! Whether you want to create a seascape, landscape or psychedelic image, the vinyl is yours to decorate as you wish. Please wear a paint shirt. RSVP.



Say Hello to our New Art Therapist: Kayt Harden

"My love for art began as a child and brought me to BGSU, where I received my Bachelor's in Fine Arts. Although I loved studio arts, I knew that my passion extended beyond and my pull to work with people was just as strong as my love for art. That is how I found the magic of art therapy and graduated with my Master's in Art Therapy & Counseling from Saint Mary-of-the-Woods College. I currently do individual counseling as well as lead several groups around NWO, including TVC! I do say that I have a dual career though, because I am lucky to split my time as a therapist with being a stay-at-home mom to our two children- our son Kelly (3), and daughter Reese (1). It's been a joy to witness their exploration of the arts in all forms, and rekindle my own creative passions in places I never expected! I LOVE this calling and working with my clients has offered such a gratifying and educational experience for me as an emerging therapist. Watching souls be reignited by the power of the arts is indescribable, and I encourage you to reconnect with something creative today!"



Sign Up Day is Monday, June 19th at 8:00 am



Presented by THERMATRU
September 8th, 2023

Over the Edge for Victory is a one-of-a-kind adventure in downtown Toledo! Rappel or climb this year!

Walking with Nature Thursday, July 6th 2:00pm - 3:30pm



Nature has the ability to reduce fatigue and increase creativity. In case of inclement weather, we will move the program indoors. Led by Patty Tonneff of Ruth Esther Retreats. RSVP. Meet/park at TVC@Toledo.

Card Stamping Thursday, July 6th 10:00am - 12:00pm TVC@Perrysburg



Create a variety of homemade cards with avid stampers, Pat & Pat! Facilitated by Pat Szymanowski & Pat Piper. RSVP.



Friday, July 21st 11:00am - 12:00pm

Book: The Tide Between Us by Olive Collins

Inspired by the real story of 2,000 Irish children deported to Jamaica and the statistics that 25% of Jamaican citizens claim Irish ancestry. The Tide Between Us is a powerful novel documenting true historical events and the resilience of the human spirit.

Join Book Club to discuss and learn.

Knit Wits Every Tuesday 11:00am - 12:00pm



Whether you knit, crochet, sew or do needlework, come for a time to connect with other survivors. All skill levels welcome! RSVP.

TVC Garden Club Wednesday, July 26th 4:00pm - 5:00pm



Whether you're a beginner or master gardener, join us for tips, tricks, and activities. Garden Club meets monthly and has something for everyone: learn about special topics, help maintain the Serenity Garden, or participate in plant swaps and garden tours!

Fight Back with Nutrition - At both locations!

- Are you in treatment and have questions about what to eat?
 - Are you a survivor who would like nutritional information to maintain your health?
- Meet in a casual, small group setting to learn how your nutrition can help you with your cancer journey and wellness goals.



Friday, July 14th TVC@Toledo 10:00am - 11:00am "Fiber & Cancer Risks"

Facilitated by Kelly Houk/Marina Sedlar, Clinical Dietitians. Sponsored by ProMedica

Thursday, July 27th TVC@Perrysburg 11:00am - 12:00pm

Facilitated by Mercy Clinical Dietitian
Sponsored by Mercy Health

Aromatherapy Consultation w/ Deb Reis RN, MSN Certified Clinical Aromatherapist Sponsored by ProMedica

Wednesday, July 5th & 19th 1:00pm - 2:00pm TVC@Toledo



Aromatherapy Consultation w/ Patti Leupp RN, CRNA Certified Clinical Aromatherapist Sponsored by Mercy Health

Friday, July 28th 1:00pm - 2:00pm TVC@Perrysburg



Discuss the benefits of aromatherapy for cancer survivors with a Certified Clinical Aromatherapist. Learn to identify therapeutic-grade essential oils, their properties, and how to integrate them into your routine.

Embroidery Sip & Stitch Thursday, July 27th 5:00pm - 6:30pm



Whether you are a beginner or life-long embroidery enthusiast... join us for a casual evening of sharing tips and tricks. Get your questions answered or learn a new stitch. Bring a project you've been working on. Refreshments and good company will be provided! Facilitated by Stephanie Holiday-Ball, TVC Board Member and Embroidery Enthusiast.

Painted Wooden Fish Monday, July 10th 10:00am - 12:00pm



Flex your creative muscles and paint a sculpted wooden fish. Create a unique piece of art to decorate your home or share with others! Facilitated by Dottie Huls, retired Art Teacher & Survivor. RSVP

Summer Gnomes Monday, July 24th 10:00am - 12:00pm



Back by popular demand! Create and Sculpt adorable summer gnomes using clay to adorn your home or garden. Facilitated by Dottie Huls, retired Art Teacher & Survivor. RSVP

Soul Care: "Abundance" Friday, July 21st 1:00pm - 2:30pm



Using meditation and small group discussion we'll explore many aspects of abundance and drawing more of it into our lives. Facilitated by Jane V. Lutz, MSN. RSVP

Parents' Night In! w/ Pizza & Childcare Monday, July 10th 5:00pm - 6:30pm



Join us every month for an evening program designed for parents and their children or folks who work during the day! TVC provides pizza and childcare while participants attend an educational workshop or program. RSVP.

This Month: Massage for Caregivers

Bring a partner, spouse, or caregiver and learn supportive massage techniques that can be done at home. Facilitated by Lisa Rasey, LMT

Hypnotherapy: Offered in a small group setting Thursday, July 20th 5:00pm - 6:00pm



Your teacher/guide: Robert Bremer, Certified Master Hypnotherapist. RSVP.

Zentangle: Kristina's Star Thursday, July 6th TVC@Perrysburg 10:00am - 12:00pm OR



Friday, July 14th 10:00am - 12:00pm TVC@Toledo

Fundamentals of Zentangle required first. Using your 2.5X2.5 tangled Bijou tiles, we will create a star shape for displaying all 18 of your Zentangle creations. Please bring your Bijou tiles (no worries if tiles are not completed) along with your tangling tools. Pre-scored forms will be provided along with Bijou tiles for those who have not yet received them. Facilitated by Maureen Hines, Certified Zentangle Instructor. RSVP

Did you know?! TVC's Lending Library

TVC has books on subjects ranging from cancer specific, bibliographies, nutrition, enrichment, hope & inspiration, children's books and more! Come check one out, and bring it back at your convenience.



THE VICTORY CENTER
Reaching out to cancer patients & their families.

July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 10:30 Yoga	4 ★ happy ★ FOURTH of July TVC CLOSED	5 10:00 Pink Ribbon 11:30 Nia Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	6 10:00 Card Stamping 10:00 Zentangle 1:30 Chair Yoga/Meditation 2:00 Walking with Nature 3:00 Paint & Embroidery 5:30 Yoga Nights 6:00 Young Survivor SG	7 NO CHAIR YOGA 10:00 Paint & Embroidery	8 10-12 Wig Bank 10:00 Wig Tips
9	10 10:30 Yoga 10:00 Painted Wood Fish 5:00 Parents' Night In! 6:00 Blood Cancer SG	11 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG	12 10:00 Wig Bank 11:30 Nia Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art	13 1:30 Chair Yoga/Meditation 5:00 Art Studio 5:30 Yoga Nights	14 10:00 Chair Yoga 10:00 Nutrition 10:00 Zentangle	15
16	17 10:30 Yoga	18 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga	19 11:30 Nia Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Men's Cancer SG	20 1:30 Chair Yoga/Meditation 3:00 Painting on Records 5:00 Hypnotherapy 5:30 Yoga Nights	21 10:00 Chair Yoga 10:00 Painting on Records 11:00 Book Club 1:00 Soul Care	22
23	24 10:30 Yoga 10:00 Summer Gnomes	25 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG	26 10:00 Wig Bank 11:30 Nia Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 4:00 Garden Club 6:00 General Cancer SG	27 11:00 Nutrition 1:30 Chair Yoga/Meditation 5:00 Stitch & Sip 5:30 Yoga Nights	28 10:00 Chair Yoga 1:00 Aromatherapy	29
30	31 10:30 Yoga					

TVC@Perrysburg~Inside the Mercy Health Perrysburg Cancer Center, 12623 Eckel Junction Road, Perrysburg, OH 43551

TVC@ToledoOH~3166 N. Republic Blvd, Toledo, OH 43615

RSVP REQUIRED
Call 419-531-7600



THE VICTORY CENTER

Reaching out to cancer patients & their families.

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Toledo, OH 43615

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July 2023 Issue 151

Aquatic Exercise Program Every Wednesday 5:00pm - 6:00pm



This free, weekly exercise class is held at the Central Park West Health Center's (NOMS) heated pool, and is for cancer survivors only. **You must be a registered participant at TVC to participate.** Pre-registration required. Please call Hattie Lykowski at TVC to get instructions for online registering.



Wednesdays May 31st - July 5th, 2023 10:00am - 11:00am *In-person only*

PR is a Pilates-based, post-operative exercise program to help breast cancer survivors regain mobility & improve quality of life. Intended to help improve strength, range of motion, and sense of wellbeing. Participants must register for the entire 6 weeks.

Facilitator: Kathy Farber, Ph.D., Pilates Instructor, Certified Post Rehabilitative BC Exercise Specialist.

New participants must fill out forms and get your band and booklet from the front desk before the first class.

Search "The
Victory Center"

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Get the latest news...
on events, programs, cancer topics and
inspirational messages!

Exercise Programs for All Survivors!

- ◆ Yoga (regular) Mon- 10:30-12pm
Tues- 12:30-1:30pm
Thurs- 5:30-7pm



Yoga allows for gentle stretching, greater flexibility, deep breathing and better relaxation. Involves some floor positions; mats are provided. Led by Certified Yoga Instructors, Mike Zerner or Caroline Dawson.

- ◆ Healthy Steps Tues- 10-11:00am
Wed- 1:30-2:30pm



Healthy Steps is a gentle exercise which moves the lymph system, using music and props. Can be done standing or seated. Led by Nicole Reamsnyder, Certified & Licensed in Lebed Method.

- ◆ Nia Fitness Wed- 11:30-12:30pm



This type of movement connects body, mind, and spirit, and helps to release tension and emotions, making room for healing & balance. Led by RN Deb Reis, Certified Nia Instructor.

- ◆ Chair Yoga Thurs- 1:30-2:30pm
Fri- 10-11:00am



Chair yoga provides the movements of yoga from a comfortable seated position. Led by Certified Yoga Instructors, Caroline Dawson or Lisa Rasey.

- ◆ Guided Meditation Thurs- 2:30-3:00pm
Led by Caroline Dawson, combined with chair yoga.

The Wig Bank



Wigs are FREE, and are brand new or are donated & gently used. Survivors are here to help with fittings and practical advice. Complete a simple registration form to receive a wig. Please call Sandy at 419-531-7600 for more information. One wig per person per calendar year, lifetime limit of 2 wigs. Appointment is needed. **Wig Tips & Trims, 2nd Saturday 10-12, call for appointment.**

Wig Bank:

➤ 2nd & 4th Wednesday and
2nd Saturday each month.

➤ Held at our PERRYSBURG Office



**Are YOU enrolled?
It helps so much!**

Register your Kroger
Card online at:

www.krogercommunityrewards.com

They'll make a donation to TVC based on how much you shop! Don't worry, your fuel rewards remain the same.

This newsletter is also available online
at www.thevictorycenter.org
Click "View Newsletter" on the main
page and select the month you wish to
view.